



Memorandum

#12-058

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: June 11, 2012

SUBJECT: Newly Revised and Updated Prenatal Nutrition Module and Workbook

NEW! *Prenatal Nutrition Module* (Stock No. 13-81)

- The newly revised and updated *Prenatal Nutrition Module* provides WIC staff with information on eating right; weight gain; positive health habits; medical conditions; and common discomforts during pregnancy.
- Local agencies will receive **one printed module per site**. Your agency should receive printed modules within the next two weeks.
- Additional copies of the module may be downloaded and printed from the WIC Catalog beginning **June 12, 2012** at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>.
- Once you receive the revised module, please discontinue using the old *Prenatal Nutrition Module*.

NEW! *Prenatal Nutrition Workbook* (Stock No. 13-81-1)

- The new *Prenatal Nutrition Workbook* is a companion publication which contains case studies and test questions that pertain to information in the *Prenatal Nutrition Module*.
- Local agencies will not receive printed copies of the workbook.
- Local agencies should download and print the desired number of workbook copies from the WIC Catalog beginning **June 12, 2012** at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>.

The following modules are in revision and will become available this summer. Be on the lookout for memos announcing their release.

- *Basic Infant Formula*
- *Basic Infant Nutrition*
- *Basic Nutrition*
- *Breastfeeding Promotion and Support*
- *Preschool/Child Nutrition*
- *Women's Health*

If you have any questions or require additional information, please contact Debbie Lehman, PhD, RD, LD, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4517 or Debbie.Lehman@dshs.state.tx.us.